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ENDOSCOPY INSTRUCTIONS

Date_____

Time_____

Please arrive at the Emerson Hospital main entrance at _____and go directly to the Gastrointestinal Treatment Center on the third floor.

Escort Home:

You must make prior arrangements for someone (18 or older) to drive you home if you are receiving any type of anesthesia. This person must be with you at check-in (or reachable by phone). If your driver wishes, we can either give them a call or an approximate time to pick you up if they do not wish to stay. If you take a taxi, bus, or rideshare (ex. Uber, Lyft, etc.) you must have a responsible adult to accompany you home**. If you do not have a ride, your procedure will be cancelled**. Expect to be at the Endo Center for 2-3 hours. If you cancel twice without sufficient notice (48hrs), any subsequent procedures will be scheduled at Emerson Hospital**. IF YOUR PROCEDURE IS SCHEDULED AT 3PM OR LATER, YOUR RIDE MUST STAY AT THE ENDOSCOPY CENTER.**

Diet Instructions:

DO NOT EAT ANYTHING after midnight, **clear liquids** only after midnight, and **nothing** to drink 4 hours before your procedure. No tobacco or chewing gum after midnight the night before your procedure.

IF YOU ARE ANY OF THE FOLLOWING MEDICATIONS, you are required to be on a clear liquid diet the **entire day** before your procedure and nothing to drink 4 hours prior to your procedure.

1. Ozempic, Wegovy, Rybelsus (Semaglutide)
2. Trulicity (Dulaglutide)
3. Mounjaro, Zepbound (Tirzepatide)
4. Victoza, Saxenda (Liraglutide)
5. Byetta, Bydureon (Exanatide)
6. Adlyxin (Lixisenatide)

Insurance Coverage:

Check your insurance benefits. Questions to ask your insurance company:

- What is my coverage for an endoscopy with anesthesia administered by an anesthesiologist and with potential pathology?
- What is my coverage/out of pocket expense for a Diagnostic procedure with anesthesia administered by an anesthesiologist? Defined as a medical reason for having an endoscopy; i.e. Gerd, Weight loss, dysphagia, upper abdominal pain, or other symptoms.
- If you are having an EGD, Colonoscopy or Flex Sigmoidoscopy, please verify any possible out of pocket expense for anesthesia administered by an anesthesiologist and/or pathology?
- Common Endoscopy procedure codes: 43235, 43239

Important: The single most important thing you can do to prepare for your procedure is to read and follow all of these instructions exactly. If you come in properly prepared, you will not risk the inconvenience of having to cancel and reschedule the test due to poor preparation.

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Medications:

If you take any type of anticoagulant or anti-platelet (blood thinning) medication: please call your prescribing physician for instructions on how to take the medication prior to the procedure: (i.e Coumadin, Lovenox, Eliquis, Xarelto, Savaysa, Pradaxa, Plavix, Effient, Brilanta, Ticlid, Persantine, Aggrenox)

If you take **Phentermine**, this medication needs to be **held for 7 days prior** to your procedure.

CONTINUE TO TAKE: All maintenance medications- heart and blood pressure, anti-anxiety and seizure, allergy, asthma and cholesterol medications.

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DO NOT STOP TAKING ASPIRIN
Medication Restrictions 7 days prior to the procedure:

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DO NOT TAKE:

Generic:	Brand:	Also avoid:
Ibuprofen	Advil, Motrin	Fish oil
Naproxen	Aleve, Anaprox	Ferrous Sulfate (Iron)
Diclofenac	Arthrotec, Valtaren	Iodine
Meloxicam	Mobic	Alka-Seltzer
Piroxicam	Feldene	
Indomethacin	Indocin	**3 WEEKS PRIOR**:
Oxaprozin	Daypro	**STOP QSYMIA**
Etodolac	Lodine	
Nabumetone	Relafen	

Your safety is important to us. Sometimes procedures will need to be rescheduled if these instructions are not followed closely.

Questions or problems please call us at 978-287-3835. Any calls received after hours will be directed to the on-call doctor.